

## World Records

**Below are some world records, do you think you could beat any in 1 minute?**

Activity	World record holder	Score	Nationality
Jumping Jacks	Kapil Kumar	103	India 
Push ups	Krunoslav Budiselic	140	Croatia 
Sit ups	Mike Janko (Male) Alicia Weber (Female)	87 59	USA USA 
Burpees	Lee Ryan (Male) Leigh Scott (Female)	46 40	UAE UK 
Tricep Dips	Stephen Buttler	119	UK 
Skips	Daisuke Mimura	348	Japan 
Lunges	Sandra Hickson	80	Ireland 
Standing Long Jump	Arne Tvervaag	3.7m	Norway 
Highest Standing Jump	Christopher Spell	1.62m	USA 

**Can you set your own records? See if you can beat the world record by adding up your 3 attempts.**

**If you are not sure how to do the activity use a search engine to look up the activity.**

Activity	1 <sup>st</sup> Attempt	2 <sup>nd</sup> Attempt	3 <sup>rd</sup> Attempt	Overall
Jumping Jacks				
Push ups				
Sit ups				
Burpees				
Triceps Dips				
Skips				
Lunges				
Standing Long Jump				
Standing High Jump				

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